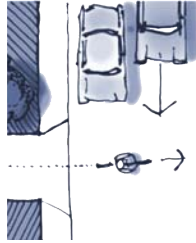


Four common bike/car Crashes

The following are the most common crashes for young children. Each one can lead to serious injury.

Crash Type #1: The Driveway Ride-out

A child rides out of the driveway and is hit by a car. This scenario accounts for about 8% of all car/bike crashes and it gets kids early: the average age is less than 10.



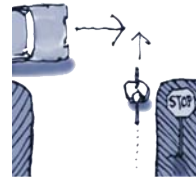
What you can do: If bushes or trees block the view, trim them back. And teach your child these safety rules:

1. Stop before entering the street.
2. If parked cars block the view, edge out to see beyond them.
3. Look left, right, and left for cars.
4. See any? Wait until it's clear.
5. No cars? Cross with care.



Crash Type #2: Running a Stop Sign

One car/bike crash in 10 involves a bicyclist running a stop sign. The average age is about 11. *Tip: If you "roll" stop signs, your child will learn your bad habit.*



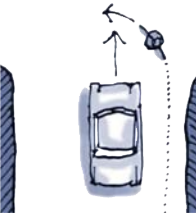
What you can do: Teach your child that running stop signs could lead to a bad crash. Take him or her to a stop sign near home.

Emphasize the following:

1. Stop at all stop signs.
2. Look left, right, and left for cars.
3. See any? Wait until it's clear.
4. No cars? Cross with care.
5. And never run a stop sign even if a friend just did so.

Crash Type #3: The "No Look" Left Turn

In 10% of crashes, bicyclists turned left without looking back for traffic. If they had looked, they would have seen the cars coming and likely waited until it was clear.



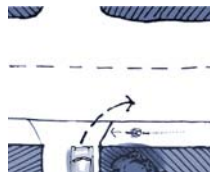
What you can do: Teach your child to walk across busy streets. Period. For residential streets, a 9- or 10-year-old can be taught to make safe turns:

1. Look back.
2. Yield to traffic coming from behind.
3. Yield to traffic in front or to the side.
4. Signal before moving or turning left.
5. Confused or worried? Pull to the curb and walk your bike in the crosswalk.



Crash Type #4: The Sidewalk Crash

A driver is traveling out of a driveway to make a right turn. The driver looks left to check for motor vehicle traffic, and if it is clear, continues to make the right turn (usually never coming to a complete stop). The driver never looks to the right to make sure it is safe of pedestrians or bicyclists on the sidewalk. Bicyclist and Pedestrians assume driver sees them, or is going to stop and they proceed in front of car and get run over, or ride into the side of the car.



What you can do:

1. Make sure you make eye contact with driver before crossing the driveway..
2. Yield to driveway traffic.
3. If no cars in or approaching sidewalk, cross driveway with care.
4. Make audible sound to alert driver to your presence.

Bicycle Safety In Bellevue

A guide for parents and children



Education

Educating your child on bicycle safety is equally important to their well-being. Discuss bicycle safety with them when they receive their first bike and reinforce it as they grow older and become more independent. As logical as it sounds, never take for granted that your child will just know the rules of bicycle safety because of common sense.

As a suggestion, have discussions with your child or make it a question and answer game so they can “learn bicycle safety by doing.”

The following are twelve bicycle safety rules to help you. It is recommended that you review them with your child and actually demonstrate each one to reinforce the point and make the learning concrete. Also, this method will allow younger child to measure their progress as they graduate from their driveway to the road.

Twelve Bicycle Safety Rules

1. **Protect Your Head. Wear a helmet!**

Make sure your child has a properly fitted bicycle helmet. Go to <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/> for more information on properly fitting a bicycle helmet.

2. **See and Be Seen. Wear proper Clothing.**

Clothing should be light in color and close fitting to avoid being entangled in the moving parts of a bicycle.

3. **Go with the flow of Traffic, Stay on the right side.**

A bicyclist must obey the same traffic laws as motor vehicles. Stop signs and stop lights, road marks and road signs are for a cyclist as well as a motor vehicle operator. Always use hand signals! Never weave from lane to lane or tailgate or hitch rides on moving vehicles. Be predictable with your bicycle movements.

4. **Keep your Eyes on the Road. Be aware of traffic around you.**

Seven out of ten car vs. bicycle crashes occur at driveways or other intersections. Before you enter a street or intersection, check for traffic and always look left, right and left. Walk your bicycle across busy streets and crosswalks.

5. **Stay Alert**

Keep a lookout for the unexpected. Look before turning. Watch for parked cars.

6. **Drive your bicycle defensively**

Watch out for potholes, sewer gratings, cracks, railroad crossings, loose gravel, and broken glass. Before going

around any object, look ahead and behind yourself for a break in traffic. Plan your move, and then signal your intention. Be especially careful in wet weather and at night. **Kids, always keep at least one hand on your handlebars.**

7. **Bicycling at night**

Beware the Night! Be cautious when bicycling at night. The Bellevue Police Department recommends that children bicycle riding be limited for their safety.

8. **Make sure your bike has lights and reflective material**

Always have operational front and rear lights on your bicycle when riding at night. Wear reflective clothing or material on your helmet, ankles, back and wrists. Ride in familiar areas or streets that are well lit.

9. **Use Off Road paths and follow designated bike routes**

Bicycle routes are marked by signs and are usually rated according to their difficulty. They are reserved for bikes only and can be ideal for new riders.

10. **Fix it up. Check your bike!**

Your bike should be correctly adjusted to fit you. Your feet should rest on the ground while properly sitting on the seat. Before using your bike, check to make sure that all parts are secure and working. The handlebars should be firmly in place and the wheels should be straight and secure.

11. **Properly stop your bike**

Control your speed by using your brakes. If your bike has hand brakes, apply the rear brakes before the front breaks. Remember to ride slowly on wet, slippery pavement, and to apply brakes earlier since it takes more distance to stop.

12. **Keep your wheels on the road**

Wheels should be securely fastened. Check your wheels before every ride, after every fall, or after transporting your bicycle to insure that they are properly fastened and secured. Make sure that tires are properly inflated.

Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.

Children less than 10 years old are better off riding on the sidewalk.

For anyone riding on a sidewalk:

- Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
- Watch for vehicles coming out of or turning into driveways.
- Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
- Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, “Excuse me,” or, “Passing on your left,” or use a bell or horn.

Bicycle laws specific to the City of Bellevue

Riding on sidewalk.

Every person operating a bicycle upon any sidewalk shall operate the bicycle in a careful and prudent manner and at a rate of speed no greater than is reasonable and proper under the conditions existing. Bellevue City Code 11.60.061.

Right-of-way on sidewalk – Overtaking and passing.

Every person operating a bicycle upon a sidewalk shall yield the right-of-way to any pedestrian thereon and shall give audible signal before overtaking and passing any pedestrian. Bellevue City Code 11.60.062.

Bicycle helmets.

Any person operating or riding on a bicycle or cycle not powered by motor on a public roadway, bicycle path, sidewalk or on any right-of-way or publicly owned facility under the jurisdiction of the city shall wear a protective helmet designed for bicycle safety. Bellevue City Code 11.60.090.

For more answers to your bicycle safety questions, go to the Cascade Bicycle Club website at <http://www.cascade.org/Home/> or call them at (206) 522-BIKE (3222) or you can reach the Bellevue Police Department's police bicycle unit at (425) 452-6176.

Published by the Bellevue Police Department with permission from the Cascade Bicycle Club and the Active Living Resource Center.